

## Work for absent students Year 9 English

### Oak Academy

1. Click the link associated with the topic you are studying
2. Select a lesson (starting at the beginning).
3. Play the lesson video – pausing it where required and completing the activities as directed.
4. Complete two lessons for every missed English lesson
5. Bring these to your reintegration meeting

### Bitesize resource

1. Click the link associated with the topic you are studying
2. Select the first topic from this section
3. You will be asked to read information and watch videos and you must take notes using the Cornell method of note taking. For information on how to do this, [click here](#).
4. Complete the multiple-choice quizzes
5. Bring this to your reintegration meeting

Term	Topic	Oak Academy	BBC Bitesize
1	Heroes	<a href="#">Unit: The Short Story   Teacher Hub   Oak National Academy (thenational.academy)</a>	
2	Power and Conflict Poetry	<a href="#">Unit: Romantic poetry and paired texts: Romanticism and Revolution   Teacher Hub   Oak National Academy (thenational.academy)</a>	<a href="#">Poems - English Literature Revision - BBC Bitesize</a>
3	Journalism	<a href="#">Unit: Language Skills - Non-Fiction - Writing   Teacher Hub   Oak National Academy (thenational.academy)</a>	<a href="#">Introduction to writing non-fiction - Writing non-fiction - BBC Bitesize</a> <a href="#">Paragraphs - Organising information and ideas -BBC Bitesize</a>
4	Jekyll and Hyde		<a href="#">Dr Jekyll and Mr Hyde - English Literature Revision - BBC Bitesize</a>
5	Romeo and Juliet		<a href="#">Romeo and Juliet Learner Guides – BBC Bitesize</a>
6	Creative Writing	<a href="#">Unit: Fiction: Reading and descriptive writing   Teacher Hub   Oak National Academy (thenational.academy)</a>	

## Work for absent students Year 9 Maths

### Oak Academy

1. Click the link associated with the topic you are studying
2. Select a lesson (starting at the beginning).
3. Play the lesson video – pausing it where required and completing the activities as directed.
4. Complete two lessons for every missed Maths lesson
5. Bring these to your reintegration meeting

Topic	Oak Academy
Graphs	Real life graphs: <a href="https://classroom.thenational.academy/units/ratio-real-life-graphs-and-rates-of-change-c5d2?from_query=real+life+graphs">https://classroom.thenational.academy/units/ratio-real-life-graphs-and-rates-of-change-c5d2?from_query=real+life+graphs</a>  Linear graphs: <a href="https://classroom.thenational.academy/lessons/linear-and-non-linear-graphs-6crket?from_query=linear+graphs">https://classroom.thenational.academy/lessons/linear-and-non-linear-graphs-6crket?from_query=linear+graphs</a> <a href="https://classroom.thenational.academy/units/linear-graphs-3380?from_query=linear+graphs">https://classroom.thenational.academy/units/linear-graphs-3380?from_query=linear+graphs</a>
Data handling	Frequency tables: <a href="https://classroom.thenational.academy/lessons/interpreting-frequency-tables-ccu3gd?from_query=frequency+tables">https://classroom.thenational.academy/lessons/interpreting-frequency-tables-ccu3gd?from_query=frequency+tables</a>  Mean from a frequency table: <a href="https://classroom.thenational.academy/lessons/mean-from-a-frequency-table-6thp2e?from_query=frequency+tables">https://classroom.thenational.academy/lessons/mean-from-a-frequency-table-6thp2e?from_query=frequency+tables</a>  Median from a frequency table: <a href="https://classroom.thenational.academy/lessons/median-from-frequency-tables-6rvp8d?from_query=frequency+tables">https://classroom.thenational.academy/lessons/median-from-frequency-tables-6rvp8d?from_query=frequency+tables</a>
Ratio and proportion	Direct proportion: <a href="https://classroom.thenational.academy/lessons/direct-proportion-part-1-c8rk6c?from_query=direct+proportion">https://classroom.thenational.academy/lessons/direct-proportion-part-1-c8rk6c?from_query=direct+proportion</a> <a href="https://classroom.thenational.academy/lessons/direct-proportion-part-2-61jkac?from_query=direct+proportion">https://classroom.thenational.academy/lessons/direct-proportion-part-2-61jkac?from_query=direct+proportion</a>  Inverse proportion: <a href="https://classroom.thenational.academy/lessons/inverse-proportion-74u38t?from_query=inverse+proportion">https://classroom.thenational.academy/lessons/inverse-proportion-74u38t?from_query=inverse+proportion</a>
Circles	Area: <a href="https://classroom.thenational.academy/lessons/area-of-a-circle-6ww3ge?from_query=circles">https://classroom.thenational.academy/lessons/area-of-a-circle-6ww3ge?from_query=circles</a>  Circumference: <a href="https://classroom.thenational.academy/lessons/circumference-of-a-circle-6cu6cd?from_query=circles">https://classroom.thenational.academy/lessons/circumference-of-a-circle-6cu6cd?from_query=circles</a>  Parts of a circle: <a href="https://classroom.thenational.academy/lessons/parts-of-a-circle-cmwp8d?from_query=circles">https://classroom.thenational.academy/lessons/parts-of-a-circle-cmwp8d?from_query=circles</a>
Algebra	Solving equations: <a href="https://classroom.thenational.academy/lessons/equations-and-identities-c8vk6t?from_query=equations">https://classroom.thenational.academy/lessons/equations-and-identities-c8vk6t?from_query=equations</a>

	Harder solving equations: <a href="https://classroom.thenational.academy/lessons/solving-equations-with-brackets-6rt3ec?from_query=equations">https://classroom.thenational.academy/lessons/solving-equations-with-brackets-6rt3ec?from_query=equations</a>
Sequences	Linear sequences: <a href="https://classroom.thenational.academy/lessons/find-terms-of-a-linear-sequence-6xhpar?from_query=linear+sequences">https://classroom.thenational.academy/lessons/find-terms-of-a-linear-sequence-6xhpar?from_query=linear+sequences</a> Finding nth term: <a href="https://classroom.thenational.academy/lessons/write-the-nth-term-of-a-linear-sequence-70w62d?from_query=linear+sequences">https://classroom.thenational.academy/lessons/write-the-nth-term-of-a-linear-sequence-70w62d?from_query=linear+sequences</a>
Pythagoras	Pythagoras' Theorem: <a href="https://classroom.thenational.academy/lessons/know-and-understand-pythagoras-theorem-70vp4t?from_query=pythagoras">https://classroom.thenational.academy/lessons/know-and-understand-pythagoras-theorem-70vp4t?from_query=pythagoras</a>
Constructions and loci	Constructions: <a href="https://classroom.thenational.academy/lessons/constructing-triangles-crvkgd?from_query=constructions">https://classroom.thenational.academy/lessons/constructing-triangles-crvkgd?from_query=constructions</a> Loci: <a href="https://classroom.thenational.academy/lessons/introducing-loci-60tkae?from_query=loci">https://classroom.thenational.academy/lessons/introducing-loci-60tkae?from_query=loci</a>
Probability	Venn diagrams: <a href="https://classroom.thenational.academy/lessons/venn-diagram-and-probability-cgwp8e?from_query=venn+diagrams">https://classroom.thenational.academy/lessons/venn-diagram-and-probability-cgwp8e?from_query=venn+diagrams</a> Tree diagrams: <a href="https://classroom.thenational.academy/lessons/draw-a-tree-diagram-for-independent-events-c8v3ge?from_query=tree+diagrams">https://classroom.thenational.academy/lessons/draw-a-tree-diagram-for-independent-events-c8v3ge?from_query=tree+diagrams</a>
Quadratics	Graphs: <a href="https://classroom.thenational.academy/lessons/sketching-quadratic-graphs-part-2-61h62d?from_query=quadratic+graph">https://classroom.thenational.academy/lessons/sketching-quadratic-graphs-part-2-61h62d?from_query=quadratic+graph</a> Solving quadratics: <a href="https://classroom.thenational.academy/lessons/solve-quadratic-inequalities-a-1-c9h3gr?from_query=solving+quadratic">https://classroom.thenational.academy/lessons/solve-quadratic-inequalities-a-1-c9h3gr?from_query=solving+quadratic</a>
Trigonometry	Finding sides: <a href="https://classroom.thenational.academy/lessons/applying-trigonometry-6mup2c?from_query=trigonometry">https://classroom.thenational.academy/lessons/applying-trigonometry-6mup2c?from_query=trigonometry</a> Finding angles: <a href="https://classroom.thenational.academy/lessons/solve-basic-trigonometry-equations-6cup6r?from_query=trigonometry">https://classroom.thenational.academy/lessons/solve-basic-trigonometry-equations-6cup6r?from_query=trigonometry</a>

## Work for absent students Year 9 Science

### You will need:

1. A blue or black pen
2. A pencil
3. A ruler
4. A calculator

For each topic, you will find links to either an Oak Academy or BBC Bitesize resource. Instructions on how to use each resource are below.

### Oak Academy

1. Click the link associated with the topic you are studying.
2. Select the first lesson. It is useful to look at previously covered material – to build a solid foundation – and then move on to new stuff when you are secure.
3. Play the lesson video – pausing it where required and completing the activities as directed.

### Bitesize resource

1. Click the link associated with the topic you are studying. Try to pick a lesson you have just done to recap material and then try the next lesson to cover new stuff.
2. Select the first topic from this section. It is useful to look at previously covered material – to build a solid foundation – and then move on to new stuff when you are secure.
3. You will be asked to read information or watch videos and you must take notes using the Cornell method of note taking. For information on how to do this, [click here](#).
4. Complete the multiple-choice quizzes (and for Year 9 upwards and sample exam questions).

Year 9 - Biology			
Term	Topic	Oak Academy	BBC Bitesize
1+2	Cell	<a href="#">Cell Biology</a> - Six lessons	<a href="#">Cell Biology</a>
2+3+4	Organisation		<a href="#">Organisation</a>
4+5	Bioenergetics		<a href="#">Bioenergetics</a>

Year 9 - Chemistry			
Term	Topic	Oak Academy	BBC Bitesize
1+2+3	Atomic structure and the periodic table	<a href="#">Atomic Structure and the Periodic Table</a> - Seven lessons	<a href="#">Atomic structure and the periodic table</a>
4	Energy		<a href="#">Energy Changes</a>
5+6	Rates of Reaction		<a href="#">Rate and Extent of Chemical Change</a>

Year 9 - Physics			
Term	Topic	Oak Academy	BBC Bitesize
1+2	Energy		<a href="#">Energy</a>
2+3	Particles		<a href="#">Particle Model of Matter</a>
4+5+6	Electricity		<a href="#">Electricity</a>

## Work for absent students Year 9 Geography - Term 1

Work to complete:

- Identify the week in the term
- Identify a topic you have not yet completed
- Click on the link identified
- Either read/watch the webpage and make notes or complete the tasks identified.

Week	Topic	Link to complete work
1	Where are the emerging countries?	<a href="https://continuityoak.org.uk/Lessons?r=380">https://continuityoak.org.uk/Lessons?r=380</a>
2	What are the features of an emerging country?	<a href="https://continuityoak.org.uk/Lessons?r=379">https://continuityoak.org.uk/Lessons?r=379</a>
	How has the employment structure changed over time in emerging countries?	<a href="https://continuityoak.org.uk/Lessons?r=381">https://continuityoak.org.uk/Lessons?r=381</a>
3	Where is China and what is it like?	<a href="https://continuityoak.org.uk/Lessons?r=383">https://continuityoak.org.uk/Lessons?r=383</a>
	What has led to China's success?	<a href="https://continuityoak.org.uk/Lessons?r=382">https://continuityoak.org.uk/Lessons?r=382</a>
4	What are the advantages and disadvantages of TNCs in China?	<a href="https://continuityoak.org.uk/Lessons?r=384">https://continuityoak.org.uk/Lessons?r=384</a>
	Why is rural to urban migration a key feature of emerging countries?	<a href="https://continuityoak.org.uk/Lessons?r=385">https://continuityoak.org.uk/Lessons?r=385</a>
5	What are megacities and where are they located?	<a href="https://continuityoak.org.uk/Lessons?r=386">https://continuityoak.org.uk/Lessons?r=386</a>
6	China's megacities	<a href="https://www.youtube.com/watch?v=C6wY2b9amnA&amp;pp=ygUdY2hpbmEgZGV2ZWxvcG1lbnQgZG9jdW1lbnRhcnk%3D">https://www.youtube.com/watch?v=C6wY2b9amnA&amp;pp=ygUdY2hpbmEgZGV2ZWxvcG1lbnQgZG9jdW1lbnRhcnk%3D</a>

## Work for absent students Year 9 Geography - Term 2

Work to complete:

- Identify the week in the term
- Identify a topic you have not yet completed
- Click on the link identified
- Either read/watch the webpage and make notes or complete the tasks identified.

Week	Topic	Link to complete work
1	Energy production and distribution	<a href="https://continuityoak.org.uk/Lessons?r=398">https://continuityoak.org.uk/Lessons?r=398</a>
2	Energy security	<a href="https://continuityoak.org.uk/Lessons?r=399">https://continuityoak.org.uk/Lessons?r=399</a>
	UK energy mix	<a href="https://continuityoak.org.uk/Lessons?r=400">https://continuityoak.org.uk/Lessons?r=400</a>
3	Advantages and disadvantages of non-renewables	<a href="https://continuityoak.org.uk/Lessons?r=401">https://continuityoak.org.uk/Lessons?r=401</a>
	Advantages and disadvantages of renewables	<a href="https://continuityoak.org.uk/Lessons?r=402">https://continuityoak.org.uk/Lessons?r=402</a>
4	Wind turbines	<a href="https://continuityoak.org.uk/Lessons?r=403">https://continuityoak.org.uk/Lessons?r=403</a>
5	Fracking	<a href="https://continuityoak.org.uk/Lessons?r=404">https://continuityoak.org.uk/Lessons?r=404</a>
6	Impacts of fracking	<a href="https://continuityoak.org.uk/Lessons?r=405">https://continuityoak.org.uk/Lessons?r=405</a>
	Nuclear energy	<a href="https://continuityoak.org.uk/Lessons?r=406">https://continuityoak.org.uk/Lessons?r=406</a>

### Work for absent students Year 9 Geography - Term 3

Work to complete:

- Identify the week in the term
- Identify a topic you have not yet completed
- Click on the link identified
- Either read/watch the webpage and make notes or complete the tasks identified.

Week	Topic	Link to complete work
1	World biomes	<a href="https://continuityoak.org.uk/Lessons?r=357">https://continuityoak.org.uk/Lessons?r=357</a>
2	Features of world biomes	<a href="https://continuityoak.org.uk/Lessons?r=358">https://continuityoak.org.uk/Lessons?r=358</a>
	Climate graphs to compare ecosystems	<a href="https://continuityoak.org.uk/Lessons?r=359">https://continuityoak.org.uk/Lessons?r=359</a>
3	High and low pressure and world ecosystems	<a href="https://continuityoak.org.uk/Lessons?r=361">https://continuityoak.org.uk/Lessons?r=361</a>
	Amazon rainforest structure	<a href="https://continuityoak.org.uk/Lessons?r=362">https://continuityoak.org.uk/Lessons?r=362</a>
4	Nutrient cycle and the rainforest	<a href="https://continuityoak.org.uk/Lessons?r=364">https://continuityoak.org.uk/Lessons?r=364</a>
5	Plant and animal adaptations in the Amazon	<a href="https://continuityoak.org.uk/Lessons?r=366">https://continuityoak.org.uk/Lessons?r=366</a>
6	Causes of deforestation in the Amazon	<a href="https://continuityoak.org.uk/Lessons?r=367">https://continuityoak.org.uk/Lessons?r=367</a>
	Impacts of deforestation in the Amazon	<a href="https://continuityoak.org.uk/Lessons?r=368">https://continuityoak.org.uk/Lessons?r=368</a>
7	How can the Amazon be conserved?	<a href="https://continuityoak.org.uk/Lessons?r=370">https://continuityoak.org.uk/Lessons?r=370</a>
	How have plants and animals adapted to deserts?	<a href="https://continuityoak.org.uk/Lessons?r=371">https://continuityoak.org.uk/Lessons?r=371</a>
8	What are the opportunities for northern Africa due to the Sahara desert?	<a href="https://continuityoak.org.uk/Lessons?r=372">https://continuityoak.org.uk/Lessons?r=372</a>

### Work for absent students Year 9 Geography - Term 4

Work to complete:

- Identify the week in the term
- Identify a topic you have not yet completed
- Click on the link identified
- Either read/watch the webpage and make notes or complete the tasks identified.

Week	Topic	Link to complete work
1	Where is Africa and what are the physical and human features of the continent?	<a href="https://continuityoak.org.uk/Lessons?r=340">https://continuityoak.org.uk/Lessons?r=340</a>
2	How is the population distributed in Africa and what factors influence this?	<a href="https://continuityoak.org.uk/Lessons?r=341">https://continuityoak.org.uk/Lessons?r=341</a>
	How have historical factors influenced different countries in Africa?	<a href="https://continuityoak.org.uk/Lessons?r=342">https://continuityoak.org.uk/Lessons?r=342</a>
3	Why is the Nile so amazing?	<a href="https://continuityoak.org.uk/Lessons?r=343">https://continuityoak.org.uk/Lessons?r=343</a>
	Why are there disputes over the use of the Nile?	<a href="https://continuityoak.org.uk/Lessons?r=344">https://continuityoak.org.uk/Lessons?r=344</a>
4	Where is Mount Nyiragongo and why is it important for the DRC?	<a href="https://continuityoak.org.uk/Lessons?r=345">https://continuityoak.org.uk/Lessons?r=345</a>
5	What were the causes and impacts of the 2002 eruption of Mount Nyiragongo?	<a href="https://continuityoak.org.uk/Lessons?r=346">https://continuityoak.org.uk/Lessons?r=346</a>
6	What is Kenya like?	<a href="https://continuityoak.org.uk/Lessons?r=347">https://continuityoak.org.uk/Lessons?r=347</a>
	What are the issues of urbanisation in Kenya?	<a href="https://continuityoak.org.uk/Lessons?r=349">https://continuityoak.org.uk/Lessons?r=349</a>
7	How can urbanisation in Kenya be managed?	<a href="https://continuityoak.org.uk/Lessons?r=2039">https://continuityoak.org.uk/Lessons?r=2039</a>

## Work for absent students Year 9 Geography - Terms 5 and 6

Work to complete:

- Identify the week in the term
- Identify a topic you have not yet completed
- Click on the link identified
- Either read/watch the webpage and make notes or complete the tasks identified.

Week	Topic	Link to complete work
1	Global atmospheric circulation	<a href="https://continuityoak.org.uk/Lessons?r=640">https://continuityoak.org.uk/Lessons?r=640</a>
2	Global atmospheric circulation 2	<a href="https://continuityoak.org.uk/Lessons?r=642">https://continuityoak.org.uk/Lessons?r=642</a>
	What is the global distribution of tropical storms?	<a href="https://continuityoak.org.uk/Lessons?r=644">https://continuityoak.org.uk/Lessons?r=644</a>
3	How do tropical storms form and develop?	<a href="https://continuityoak.org.uk/Lessons?r=645">https://continuityoak.org.uk/Lessons?r=645</a>
	How might tropical storms be affected by climate change?	<a href="https://continuityoak.org.uk/Lessons?r=2046">https://continuityoak.org.uk/Lessons?r=2046</a>
4	What are the effects of, and responses to, tropical storms?	<a href="https://continuityoak.org.uk/Lessons?r=2047">https://continuityoak.org.uk/Lessons?r=2047</a>
5	Typhoon Haiyan: tropical storm named example	<a href="https://continuityoak.org.uk/Lessons?r=2048">https://continuityoak.org.uk/Lessons?r=2048</a>
6	How can the effects of tropical storms be reduced?	<a href="https://continuityoak.org.uk/Lessons?r=2049">https://continuityoak.org.uk/Lessons?r=2049</a>
	Is the UK's weather becoming more extreme?	<a href="https://continuityoak.org.uk/Lessons?r=2050">https://continuityoak.org.uk/Lessons?r=2050</a>
7	Evidence of climate change	<a href="https://continuityoak.org.uk/Lessons?r=2045">https://continuityoak.org.uk/Lessons?r=2045</a>
	Natural causes of climate change	<a href="https://continuityoak.org.uk/Lessons?r=620">https://continuityoak.org.uk/Lessons?r=620</a>
8	Human causes of climate change	<a href="https://continuityoak.org.uk/Lessons?r=623">https://continuityoak.org.uk/Lessons?r=623</a>
9	The effects of climate change	<a href="https://continuityoak.org.uk/Lessons?r=624">https://continuityoak.org.uk/Lessons?r=624</a>
	Mitigation against climate change (1)	<a href="https://continuityoak.org.uk/Lessons?r=626">https://continuityoak.org.uk/Lessons?r=626</a>
10	Mitigation against climate change (2)	<a href="https://continuityoak.org.uk/Lessons?r=628">https://continuityoak.org.uk/Lessons?r=628</a>
	Adaptation against climate change	<a href="https://continuityoak.org.uk/Lessons?r=630">https://continuityoak.org.uk/Lessons?r=630</a>

## Work for absent students Year 9 History - Term 1 - WWII Battles

Work to complete:

- Identify the week in the term
- Identify a topic you have not yet completed
- Click on the link identified
- Either read/watch the webpage and make notes or complete the tasks identified.

Week	Topic	Link to complete work
1	Blitzkrieg and Nazi control of Europe	<a href="https://classroom.thenational.academy/lessons/blitzkrieg-and-nazi-control-of-europe-71jpcd?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/blitzkrieg-and-nazi-control-of-europe-71jpcd?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>
2	The Battle of Britain and aerial bombardment	<a href="https://classroom.thenational.academy/lessons/the-battle-of-britain-and-aerial-bombardment-6dj3gc?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/the-battle-of-britain-and-aerial-bombardment-6dj3gc?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>
3	Invasion of the USSR	<a href="https://classroom.thenational.academy/lessons/invasion-of-the-ussr-74r66c?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/invasion-of-the-ussr-74r66c?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>
4	Pearl Harbour and the War in the Pacific	<a href="https://classroom.thenational.academy/lessons/pearl-harbour-and-the-war-in-the-pacific-chhp2c?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/pearl-harbour-and-the-war-in-the-pacific-chhp2c?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>
5	Stalingrad and D-Day	<a href="https://classroom.thenational.academy/lessons/stalingrad-and-d-day-64tkcd?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/stalingrad-and-d-day-64tkcd?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>
6	VE and VJ Days	<a href="https://classroom.thenational.academy/lessons/ve-and-vj-days-74u30r?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/ve-and-vj-days-74u30r?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>



## Work for absent students Year 9 History - Term 2 - The Holocaust

Work to complete:

- Identify the week in the term
- Identify a topic you have not yet completed
- Click on the link identified
- Either read/watch the webpage and make notes or complete the tasks identified.

Week	Topic	Link to complete work
1	What was life like for Jews pre-WW2?	<a href="https://www.het.org.uk/images/downloads/Resources/Pre-war_cards.pdf">https://www.het.org.uk/images/downloads/Resources/Pre-war_cards.pdf</a>
2	What is Anti-Semitism and how did it spread?	<a href="https://www.het.org.uk/exploring-the-holocaust/antisemitism">https://www.het.org.uk/exploring-the-holocaust/antisemitism</a>
	Why is Kristallnacht significant?	<a href="https://www.het.org.uk/images/downloads/Resources/Kristallnacht_testimonies.pdf">https://www.het.org.uk/images/downloads/Resources/Kristallnacht_testimonies.pdf</a>
3	What was life like in the ghettos?	<a href="https://www.het.org.uk/images/downloads/Resources/Ghettos_cards.pdf">https://www.het.org.uk/images/downloads/Resources/Ghettos_cards.pdf</a>
	What was the 'Final Solution'?	<a href="https://www.het.org.uk/exploring-the-holocaust/the-final-solution">https://www.het.org.uk/exploring-the-holocaust/the-final-solution</a>
4	Examples of Jewish resistance	<a href="https://www.het.org.uk/images/downloads/Resources/Resistance_cards.pdf">https://www.het.org.uk/images/downloads/Resources/Resistance_cards.pdf</a>
	How did the Holocaust end?	<a href="https://www.het.org.uk/exploring-the-holocaust/liberation">https://www.het.org.uk/exploring-the-holocaust/liberation</a>
5	How did people continue to live after the Holocaust?	<a href="https://www.het.org.uk/images/downloads/Resources/Zigi_cards.pdf">https://www.het.org.uk/images/downloads/Resources/Zigi_cards.pdf</a>
6	How were the perpetrators of the Holocaust treated?	<a href="https://www.het.org.uk/images/downloads/Exploring%20the%20Holocaust/C3%20Post-war%20justice/War%20Crimes%20Act%20information%20sheets.pdf">https://www.het.org.uk/images/downloads/Exploring%20the%20Holocaust/C3%20Post-war%20justice/War%20Crimes%20Act%20information%20sheets.pdf</a>

## Work for absent students Year 9 History - Term 3 - The Holocaust

Work to complete:

- Identify the week in the term
- Identify a topic you have not yet completed
- Click on the link identified
- Either read/watch the webpage and make notes or complete the tasks identified.

Week	Topic	Link to complete work
1	What was life like for Jews pre-WW2?	<a href="https://www.het.org.uk/images/downloads/Resources/Pre-war_cards.pdf">https://www.het.org.uk/images/downloads/Resources/Pre-war_cards.pdf</a>
2	What is Anti-Semitism and how did it spread?	<a href="https://www.het.org.uk/exploring-the-holocaust/antisemitism">https://www.het.org.uk/exploring-the-holocaust/antisemitism</a>
	Why is Kristallnacht significant?	<a href="https://www.het.org.uk/images/downloads/Resources/Kristallnacht_testimonies.pdf">https://www.het.org.uk/images/downloads/Resources/Kristallnacht_testimonies.pdf</a>
3	What was life like in the ghettos?	<a href="https://www.het.org.uk/images/downloads/Resources/Ghettos_cards.pdf">https://www.het.org.uk/images/downloads/Resources/Ghettos_cards.pdf</a>
	What was the 'Final Solution'?	<a href="https://www.het.org.uk/exploring-the-holocaust/the-final-solution">https://www.het.org.uk/exploring-the-holocaust/the-final-solution</a>
4	Examples of Jewish resistance	<a href="https://www.het.org.uk/images/downloads/Resources/Resistance_cards.pdf">https://www.het.org.uk/images/downloads/Resources/Resistance_cards.pdf</a>
	How did the Holocaust end?	<a href="https://www.het.org.uk/exploring-the-holocaust/liberation">https://www.het.org.uk/exploring-the-holocaust/liberation</a>
5	How did people continue to live after the Holocaust?	<a href="https://www.het.org.uk/images/downloads/Resources/Zigi_cards.pdf">https://www.het.org.uk/images/downloads/Resources/Zigi_cards.pdf</a>
6	How were the perpetrators of the Holocaust treated?	<a href="https://www.het.org.uk/images/downloads/Exploring%20the%20Holocaust/C3%20Post-war%20justice/War%20Crimes%20Act%20information%20sheets.pdf">https://www.het.org.uk/images/downloads/Exploring%20the%20Holocaust/C3%20Post-war%20justice/War%20Crimes%20Act%20information%20sheets.pdf</a>

## Work for absent students Year 9 History - Term 4 -

### What kind of stories can be told about the sixties? Alternative curriculum

Work to complete:

- Identify the week in the term
- Identify a topic you have not yet completed
- Click on the link identified
- Either read/watch the webpage and make notes or complete the tasks identified.

Week	Topic	Link to complete work
1	The Swinging Sixties?	<a href="https://classroom.thenational.academy/lessons/the-swinging-sixties-60v34d?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/the-swinging-sixties-60v34d?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>
2	Youth Culture: Music and Art	<a href="https://classroom.thenational.academy/lessons/youth-culture-music-and-art-75j36d?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/youth-culture-music-and-art-75j36d?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>
3	Poverty and Prosperity	<a href="https://classroom.thenational.academy/lessons/poverty-and-prosperity-6ct68c?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/poverty-and-prosperity-6ct68c?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>
4	Experiences of Britain's migrant communities	<a href="https://classroom.thenational.academy/lessons/experiences-of-britains-migrant-communities-70vk6c?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/experiences-of-britains-migrant-communities-70vk6c?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>
5	Memories of the Sixties	<a href="https://classroom.thenational.academy/lessons/memories-of-the-sixties-cct36d?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/memories-of-the-sixties-cct36d?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>
6	Did the Sixties swing?	<a href="https://classroom.thenational.academy/lessons/did-the-sixties-swing-c8tkee?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/did-the-sixties-swing-c8tkee?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>

**Work for absent students Year 9 History - Term 5 -  
Who 'decolonised' in the twentieth century? Alternative curriculum**

Work to complete:

- Identify the week in the term
- Identify a topic you have not yet completed
- Click on the link identified
- Either read/watch the webpage and make notes or complete the tasks identified.

Week	Topic	Link to complete work
1	What is 'decolonisation'?	<a href="https://classroom.thenational.academy/lessons/what-is-decolonisation-6gr38c?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/what-is-decolonisation-6gr38c?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>
2	How did decolonisation occur in Ghana?	<a href="https://classroom.thenational.academy/lessons/how-did-decolonisation-occur-in-ghana-cmv64d?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/how-did-decolonisation-occur-in-ghana-cmv64d?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>
3	How did decolonisation occur in Jamaica?	<a href="https://classroom.thenational.academy/lessons/how-did-decolonisation-occur-in-jamaica-crtkjr?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/how-did-decolonisation-occur-in-jamaica-crtkjr?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>
4	How different was decolonisation?	<a href="https://classroom.thenational.academy/lessons/how-different-was-decolonisation-6grpcd?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/how-different-was-decolonisation-6grpcd?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>

## Work for absent students Year 9 - Term 1 and 2 - Ethics

Work to complete:

- Identify the week in the term
- Identify a topic you have not yet completed
- Click on the link identified
- Either read/watch the webpage and make notes or complete the tasks identified.

Week	Topic	Link to complete work
1	What is Ethics?	<a href="https://classroom.thenational.academy/lessons/what-is-ethics-ccwkee?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/what-is-ethics-ccwkee?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>
2	Environmental issues	<a href="https://classroom.thenational.academy/lessons/environmental-issues-68u3ee">https://classroom.thenational.academy/lessons/environmental-issues-68u3ee</a>
3	Treatment of animals (animal testing)	<a href="https://classroom.thenational.academy/lessons/treatment-of-animals-animal-testing-69hk8e">https://classroom.thenational.academy/lessons/treatment-of-animals-animal-testing-69hk8e</a>
4	Treatment of animals (food)	<a href="https://classroom.thenational.academy/lessons/treatment-of-animals-food-ccu3cr">https://classroom.thenational.academy/lessons/treatment-of-animals-food-ccu3cr</a>
5	Abortion	<a href="https://classroom.thenational.academy/lessons/abortion-64wk6d">https://classroom.thenational.academy/lessons/abortion-64wk6d</a>
6	Euthanasia	<a href="https://classroom.thenational.academy/lessons/euthanasia-cgw68c">https://classroom.thenational.academy/lessons/euthanasia-cgw68c</a>
7	Death and afterlife	<a href="https://classroom.thenational.academy/lessons/death-and-afterlife-69j38r">https://classroom.thenational.academy/lessons/death-and-afterlife-69j38r</a>
8	Modern Virtue Ethics	<a href="https://classroom.thenational.academy/lessons/modern-virtue-ethics-6xj38r?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/modern-virtue-ethics-6xj38r?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>
9	Non-religious approaches to Equality	<a href="https://classroom.thenational.academy/lessons/non-religious-approaches-to-equality-c9hp2r?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/non-religious-approaches-to-equality-c9hp2r?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>
10	Kantian Ethics	<a href="https://classroom.thenational.academy/lessons/kantian-ethics-cgwkat?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777">https://classroom.thenational.academy/lessons/kantian-ethics-cgwkat?utm_campaign=sharing-button&amp;activities=video&amp;utm_medium=copy-link&amp;schoolUrn=137777</a>

## Work for absent students Modern Foreign Languages – MFL

To use the languages online resource click on the link and then scroll down the page to find the relevant section for what you are learning at the moment. Then complete all the exercises in that section.

For BBC Bitesize click on the link and then scroll down the page to find the relevant section for what you're learning at the moment. Then complete all the exercises in that section.

### Year 9 French

Term	Topic	Resource
1 and 2	Festivals Food and drink Near future	<a href="https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0">https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0</a> - sections: <b>Vocabulary unit:</b> Noël <b>Second year learning:</b> Les boissons et boire Les casse-croûtes et les glaces <b>Grammar:</b> Le future proche  <a href="https://www.bbc.co.uk/bitesize/subjects/zgdqxn">https://www.bbc.co.uk/bitesize/subjects/zgdqxn</a> Talking about food in French
3 and 4	TV Online life Cinema and films Negatives shopping	<a href="https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0">https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0</a> - sections: <b>Second year learning:</b> On fait du shopping <b>Third year learning:</b> En ligne! <b>First year learning:</b> Unit 9 Unit 6  <a href="https://www.bbc.co.uk/bitesize/guides/zf8jf4j/revision/1">https://www.bbc.co.uk/bitesize/guides/zf8jf4j/revision/1</a> <a href="https://www.bbc.co.uk/bitesize/guides/zhhvd6f/revision/1">https://www.bbc.co.uk/bitesize/guides/zhhvd6f/revision/1</a>
5 and 6	Sports Hobbies Present tense Past tense Future tense	<a href="https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0">https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0</a> - sections: <b>First year learning:</b> Unit 10 Unit 6 <b>Grammar:</b> -er verbs for beginners -er verbs revision -re verbs -ir verbs Être Avoir Faire The present tense The perfect tense The future tense  <a href="https://www.bbc.co.uk/bitesize/guides/zbg8t39/revision/1">https://www.bbc.co.uk/bitesize/guides/zbg8t39/revision/1</a> <a href="https://www.bbc.co.uk/bitesize/guides/zhhvd6f/revision/1">https://www.bbc.co.uk/bitesize/guides/zhhvd6f/revision/1</a>

## Year 9 German

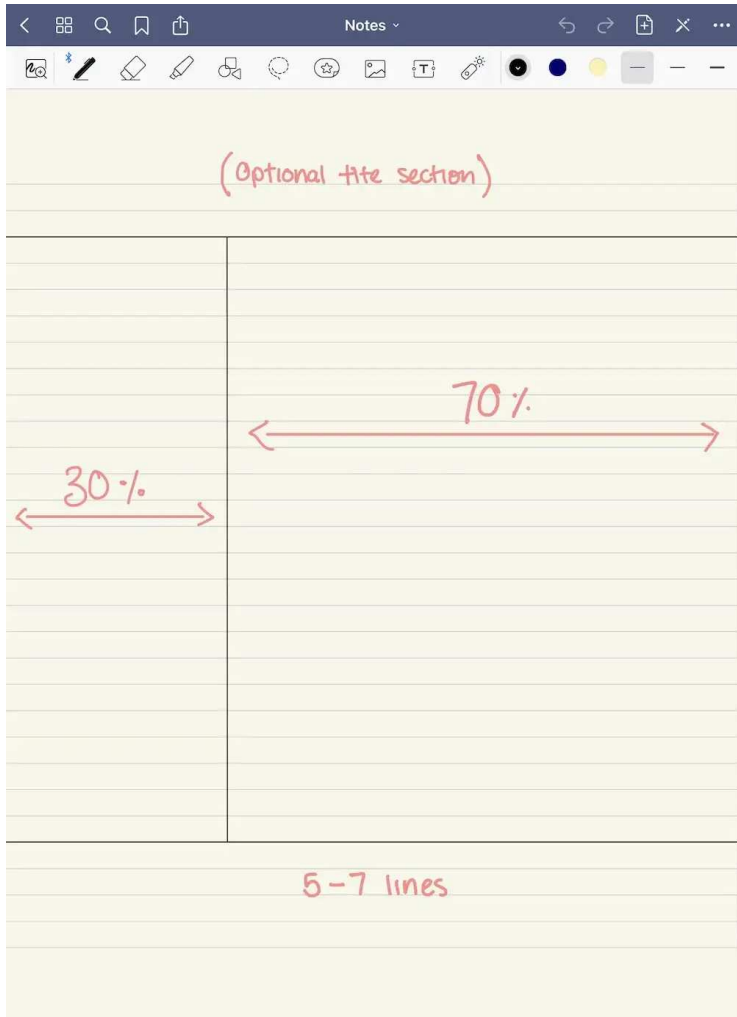
Term	Topic	Resource
1 and 2	Mobiles Music TV	<a href="https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0">https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0</a> - sections: <b>Logo 3:</b> Filme im Kino  <a href="https://www.bbc.co.uk/bitesize/subjects/z8j2tfr">https://www.bbc.co.uk/bitesize/subjects/z8j2tfr</a> Media Freetime
3 and 4	Food and drink Healthy lifestyle	<a href="https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0">https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0</a> - sections: <b>Beginners:</b> Am Schnellimbiss In der Konditorei <b>Logo 2:</b> Fitness und Gesundheit  <a href="https://www.bbc.co.uk/bitesize/subjects/z8j2tfr">https://www.bbc.co.uk/bitesize/subjects/z8j2tfr</a> Freetime
5 and 6	Sports Hobbies Present tense Past tense Future tense	<a href="https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0">https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0</a> - sections: <b>Logo 4:</b> Freizeit und Hobbys <b>Grammar:</b> The present tense – weak verbs The present tense – weak verbs ending in –ten and –den The present tense – strong verbs The perfect tense 1 The perfect tense 2 The perfect tense 3 Talking about future plans  <a href="https://www.bbc.co.uk/bitesize/subjects/z8j2tfr">https://www.bbc.co.uk/bitesize/subjects/z8j2tfr</a> Present tense Future tense Perfect tense Imperfect tense

## Year 9 Spanish

Term	Topic	Resource
1 and 2	Mobiles Music TV	<a href="https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0">https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0</a> - sections: <b>Caminos book 2:</b> Unit 2  <b>Caminos book 3:</b> Unit 2 Unit 11  <a href="https://www.bbc.co.uk/bitesize/guides/znyprj6/revision/1">https://www.bbc.co.uk/bitesize/guides/znyprj6/revision/1</a>
3 and 4	Food and drink	<a href="https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0">https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0</a> - sections: <b>Caminos book 2:</b> Unit 5 <b>Caminos book 3:</b> Unit 10  <a href="https://www.bbc.co.uk/bitesize/guides/zr8c7nb/revision/1">https://www.bbc.co.uk/bitesize/guides/zr8c7nb/revision/1</a>
5 and 6	Sports Hobbies Present tense Past tense Future tense	<a href="https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0">https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0</a> - sections: <b>Caminos book 3:</b> Unit 2 Unit 11 <b>Grammar:</b> The present tense The present tense 2 The present continuous The future tense The preterite  <a href="https://www.bbc.co.uk/bitesize/guides/z6n6382/revision/1">https://www.bbc.co.uk/bitesize/guides/z6n6382/revision/1</a>



# Cornell Note Making



Split your page up (as shown on the left)

You need:

One row at the top for the title (2 lines)

One bigger row at the bottom (5-7 lines)

Two columns in the middle section in a 3:7



Title  
You are going for clarity  
eg Animal and Plant cells



The image shows a digital note-taking application interface. At the top, there is a dark blue header bar with navigation icons (back, home, search, bookmark, share) and a 'Notes' dropdown menu. Below the header is a toolbar with various drawing and editing tools. The main content area is a yellow notepad with a grid layout. At the top of the notepad, the word 'TITLE' is written in large, bold, black letters and underlined in pink. To the right of the title is a 'Date' label. The notepad is divided into three main sections by horizontal lines. The first section is a large empty space. The second section is a table with two columns. The left column contains the word 'Keywords' in pink. The right column contains a bulleted list: '• Main notes' and '• ideally using abbreviations'. The third section contains the word 'Questions' in pink. The right column contains a bulleted list: '• Key thoughts'. At the bottom of the notepad, the word 'SUMMARY' is written in large, bold, black letters.

Notes

TITLE Date

Keywords

- Main notes
- ideally using abbreviations

Questions

- Key thoughts

SUMMARY

Main notes in the biggest section – you can pause the video/re-read the text if you need to but just think about short, summary statements.



The screenshot shows a digital note-taking application with a dark blue header bar containing navigation icons (back, home, search, bookmark, share) and the text 'Notes'. Below the header is a toolbar with various drawing and editing tools. The main note area has a yellow background and is divided into sections:

- TITLE**: A large, bold, black title at the top, underlined in pink. To its right is a 'Date' label.
- Keywords**: A section on the left side of a two-column table, labeled in pink. The right column contains the text: 'Main notes' and 'ideally using abbreviations'.
- Questions**: A section on the left side of the same table, labeled in pink. The right column contains the text: 'Key thoughts'.
- SUMMARY**: A large, bold, black title at the bottom of the page.

After the video has finished or you have finished reading the text -

Write questions in the left column that link to your key points, eg if your key point is 'cells are the building blocks of living things' then the question might be, 'What do we call the building blocks of living things?' This is where you think hard and remember, memory is the residue of thought.



Notes

TITLE Date

Keywords	<ul style="list-style-type: none"><li>• Main notes<ul style="list-style-type: none"><li>◦ ideally using abbreviations</li></ul></li></ul>
Questions	<ul style="list-style-type: none"><li>• Key thoughts</li></ul>

SUMMARY

After the video has finished or you have finished reading the text, summarise the notes in 1-3 sentences.

There needs to be a summary box at the bottom of each page – so if you run out of room, you must summarise each page separately.

# Benefits of this method

## **Active summarising**

In order to, summarise a topic, you need to have a certain level of understanding. This note-taking method prompts you to get there.

## **Intentional note-taking**

Cornell notes encourage mindfulness and focus when taking notes. You have to pull out key points and reflect on the material, instead of simply writing every little thing down.

## **Revision-ready notes**

When it comes time to revisit your notes, they're logically organised.

# Fitness diary

How many sessions were complete?

What progress have you made?

How will I make it harder next time?

Rank the workout


★  
1

★  
2

★  
3

★  
4

★  
5

 Selfie

Workout review

Positives	Negatives
<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>

How hard did you work?

**Rate of Perceived Exertion**

- 10** Maximum Exertion
- 9** Very Hard
- 8** Extremely Hard
- 7** Hard (Heavy)
- 6**
- 5** Somewhat Hard
- 4** Fairly Light
- 3** Light
- 2** Very Light
- 1** Rest



# Joe Wicks

## Workouts with children

### (Beginners)

<https://www.youtube.com/watch?v=d3LPrhI0v-w&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=1>

<https://www.youtube.com/watch?v=mhHY8mOQ5eo&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=2>

<https://www.youtube.com/watch?v=SbFqQarDM50&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=3>

<https://www.youtube.com/watch?v=pnKCGY9ZocA&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=4>

<https://www.youtube.com/watch?v=uqLNxJe4L2l&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=5>

<https://www.youtube.com/watch?v=fAUckPMJKSY&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=6>

<https://www.youtube.com/watch?v=rN0h6EZd6TM&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=7>

<https://www.youtube.com/watch?v=EDC-plCTBbc&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=8>

<https://www.youtube.com/watch?v=5MBEyQllrfo&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=9>

[https://www.youtube.com/watch?v=TUp2\\_VAHlrl&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=11](https://www.youtube.com/watch?v=TUp2_VAHlrl&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=11)

[https://www.youtube.com/watch?v=9uw9ug\\_g-gM&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=12](https://www.youtube.com/watch?v=9uw9ug_g-gM&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=12)

<https://www.youtube.com/watch?v=xbVr38Bhe7E&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=13>

<https://www.youtube.com/watch?v=E5cmJpSFZB8&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=14>

[https://www.youtube.com/watch?v=N7CX0\\_7sLTA&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=15](https://www.youtube.com/watch?v=N7CX0_7sLTA&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=15)

<https://www.youtube.com/watch?v=14ou-fpIEi4&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=16>

<https://www.youtube.com/watch?v=hvJXQT4gowg&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=17>

<https://www.youtube.com/watch?v=pLuM18p9zbM&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k&index=18>

# Body weight / HIIT workouts (Advance)

[https://www.youtube.com/watch?v=GS\\_z6FG\\_jqE](https://www.youtube.com/watch?v=GS_z6FG_jqE)

<https://www.youtube.com/watch?v=mUns8O4YL5M>

<https://www.youtube.com/watch?v=bSXR6V9q6rM>

<https://www.youtube.com/watch?v=5nZ2iBGvFhE>

<https://www.youtube.com/watch?v=i134sTtWHll>

<https://www.youtube.com/watch?v=rXPgToG3GVI>

<https://www.youtube.com/watch?v=dcSy1sWQqJo>

<https://www.youtube.com/watch?v=El9YG1Hug88&list=PLauV1s0KU-o9PQxBZBvgKHCYTI-BeK7ap&index=2>

<https://www.youtube.com/watch?v=El9YG1Hug88&list=PLauV1s0KU-o9PQxBZBvgKHCYTI-BeK7ap&index=2>

<https://www.youtube.com/watch?v=ZBC72AoTcCE&list=PLauV1s0KU-o9PQxBZBvgKHCYTI-BeK7ap&index=4>

<https://www.youtube.com/watch?v=myijq74fPY8&list=PLauV1s0KU-o9PQxBZBvgKHCYTI-BeK7ap&index=5>

<https://www.youtube.com/watch?v=IV0rwqHxMDs&list=PLauV1s0KU-o9PQxBZBvgKHCYTI-BeK7ap&index=6>

<https://www.youtube.com/watch?v=LDo05xQeKl0&list=PLauV1s0KU-o9PQxBZBvgKHCYTI-BeK7ap&index=7>

# Zumba Workouts

<https://www.youtube.com/watch?v=jjlhU9D4isQ&list=UUmzRlnYu2x5l-kmjpF08Hnw>

<https://www.youtube.com/watch?v=LALFtRYwY8g&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=2>

<https://www.youtube.com/watch?v=1ZsN1b2eWFI&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=3>

<https://www.youtube.com/watch?v=F1oWDL0wVqs&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=6>

<https://www.youtube.com/watch?v=KSXNTc-26l4&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=7>

<https://www.youtube.com/watch?v=K2fpAY7YDgo&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=8>

<https://www.youtube.com/watch?v=5dYdNINWIUg&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=9>

<https://www.youtube.com/watch?v=5l50XfbE2Gw&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=10>

<https://www.youtube.com/watch?v=OkvF4hYfdNc&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=11>

<https://www.youtube.com/watch?v=NZq48Hitzdk&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=12>

<https://www.youtube.com/watch?v=o8fmykntPrg&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=14>

[https://www.youtube.com/watch?v=Lm\\_uQ8li3HU&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=15](https://www.youtube.com/watch?v=Lm_uQ8li3HU&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=15)

<https://www.youtube.com/watch?v=lrXxIEAW5hU&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=16>

<https://www.youtube.com/watch?v=ui7Lz9wT2-c&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=17>

<https://www.youtube.com/watch?v=oWP-fatPFAU&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=16>

<https://www.youtube.com/watch?v=P9hY2likBTM&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=20>

<https://www.youtube.com/watch?v=68-UbEtjVOQ&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=21>

<https://www.youtube.com/watch?v=z80D2V1sXCE&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=22>

# Boxercise Workouts

[https://www.youtube.com/watch?v=8CkUrKDP-v0&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF](https://www.youtube.com/watch?v=8CkUrKDP-v0&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF)

[https://www.youtube.com/watch?v=sgwtp9mF8tl&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=3](https://www.youtube.com/watch?v=sgwtp9mF8tl&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=3)

[https://www.youtube.com/watch?v=6oLg5fFe5ww&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=4](https://www.youtube.com/watch?v=6oLg5fFe5ww&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=4)

[https://www.youtube.com/watch?v=SuMDenIN5s8&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=5](https://www.youtube.com/watch?v=SuMDenIN5s8&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=5)

[https://www.youtube.com/watch?v=xSUXMwqZ3z0&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=6](https://www.youtube.com/watch?v=xSUXMwqZ3z0&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=6)

[https://www.youtube.com/watch?v=6cKSzuyieYc&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=7](https://www.youtube.com/watch?v=6cKSzuyieYc&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=7)

[https://www.youtube.com/watch?v=NmMRFWlokK4&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=8](https://www.youtube.com/watch?v=NmMRFWlokK4&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=8)

[https://www.youtube.com/watch?v=jCTEVKRTuS8&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=9](https://www.youtube.com/watch?v=jCTEVKRTuS8&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=9)

[https://www.youtube.com/watch?v=CfpAmX2ACzQ&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=10](https://www.youtube.com/watch?v=CfpAmX2ACzQ&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=10)

[https://www.youtube.com/watch?v=5mxYbg1bfqc&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=12](https://www.youtube.com/watch?v=5mxYbg1bfqc&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=12)

[https://www.youtube.com/watch?v=lujcE3FGL\\_U&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=14](https://www.youtube.com/watch?v=lujcE3FGL_U&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=14)

# Yoga and Pilates

<https://www.youtube.com/watch?v=qjN5UYff9-w&list=PLEHeqorllviiw3ijZSxB9y6FQ1iGAR4w&index=2&t=0s>

<https://www.youtube.com/watch?v=2jdHUMXDS3w&list=PLEHeqorllviiw3ijZSxB9y6FQ1iGAR4w&index=3&t=0s>

<https://www.youtube.com/watch?v=9OLpDgOA4n4&list=PLEHeqorllviiw3ijZSxB9y6FQ1iGAR4w&index=5&t=0s>

<https://www.youtube.com/watch?v=9OLpDgOA4n4&list=PLEHeqorllviiw3ijZSxB9y6FQ1iGAR4w&index=5&t=0s>

<https://www.youtube.com/watch?v=yRCUfumiqhk&list=PLEHeqorllviiw3ijZSxB9y6FQ1iGAR4w&index=6&t=0s>

<https://www.youtube.com/watch?v=5eY4Au3pwQg&list=PLEHeqorllviiw3ijZSxB9y6FQ1iGAR4w&index=7&t=0s>

<https://www.youtube.com/watch?v=yhJFVK3GI5w&list=PLEHeqorllviiw3ijZSxB9y6FQ1iGAR4w&index=8&t=0s>

<https://www.youtube.com/watch?v=GiP1D86CU78&list=PLEHeqorllviiw3ijZSxB9y6FQ1iGAR4w&index=9&t=0s>

[https://www.youtube.com/watch?v=D3TC-tz3TeQ&list=PLU9JyXjaxVhZz2CspinQj8Mi\\_R1BEEUi3&index=1](https://www.youtube.com/watch?v=D3TC-tz3TeQ&list=PLU9JyXjaxVhZz2CspinQj8Mi_R1BEEUi3&index=1)

[https://www.youtube.com/watch?v=dj3NUnxGG5o&list=PLU9JyXjaxVhZz2CspinQj8Mi\\_R1BEEUi3&index=2](https://www.youtube.com/watch?v=dj3NUnxGG5o&list=PLU9JyXjaxVhZz2CspinQj8Mi_R1BEEUi3&index=2)

[https://www.youtube.com/watch?v=tUXC0lurKU4&list=PLU9JyXjaxVhZz2CspinQj8Mi\\_R1BEEUi3&index=5](https://www.youtube.com/watch?v=tUXC0lurKU4&list=PLU9JyXjaxVhZz2CspinQj8Mi_R1BEEUi3&index=5)

[https://www.youtube.com/watch?v=1gzT-FZ45i0&list=PLU9JyXjaxVhZz2CspinQj8Mi\\_R1BEEUi3&index=7](https://www.youtube.com/watch?v=1gzT-FZ45i0&list=PLU9JyXjaxVhZz2CspinQj8Mi_R1BEEUi3&index=7)

[https://www.youtube.com/watch?v=aOYcySi-kpU&list=PLU9JyXjaxVhZz2CspinQj8Mi\\_R1BEEUi3&index=12](https://www.youtube.com/watch?v=aOYcySi-kpU&list=PLU9JyXjaxVhZz2CspinQj8Mi_R1BEEUi3&index=12)

# Learning log

Schools are required to provide a full-time education for all students. In exceptional circumstances, where a part-time timetable or alternative arrangements have been agreed, there is an expectation that students will continue to study for 25 hours per week. Where students are not attending full-time alternative provision, they are provided with online resources, including resources from Oak National Academy, Educake and Sparx Maths. As part of the agreement for alternative arrangements, parents/carers must log any learning agreed to take place at home using this form and return it weekly to school either by email, by post or by hand.

<b>Name of student</b>		<b>Week beginning</b> (Monday's date)	
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<b>Date/Date</b>	<b>Timing</b>	<b>Subject and topic</b> (eg English: Gothic poetry)	<b>Quiz score</b>
Monday	Hour 1	English:	
	Hour 2	Maths:	
	Hour 3	Science:	
	Hour 4	Subject 4:	
	Hour 5	Subject 5:	
<b>Date/Date</b>	<b>Timing</b>	<b>Subject and topic</b>	<b>Quiz score</b>
Tuesday	Hour 1	English:	
	Hour 2	Maths:	
	Hour 3	Science:	
	Hour 4	Subject 4:	
	Hour 5	Subject 5:	
<b>Date/Date</b>	<b>Timing</b>	<b>Subject and topic</b>	<b>Quiz score</b>
Wednesday	Hour 1	English:	
	Hour 2	Maths:	
	Hour 3	Science:	
	Hour 4	Subject 4:	
	Hour 5	Subject 5:	
<b>Date/Date</b>	<b>Timing</b>	<b>Subject and topic</b>	<b>Quiz score</b>
Thursday	Hour 1	English:	
	Hour 2	Maths:	
	Hour 3	Science:	
	Hour 4	Subject 4:	
	Hour 5	Subject 5:	
<b>Date/Date</b>	<b>Timing</b>	<b>Subject and topic</b>	<b>Quiz score</b>
Friday	Hour 1	English:	
	Hour 2	Maths:	
	Hour 3	Science:	
	Hour 4	Subject 4:	
	Hour 5	Subject 5:	

<b>Confirmed and signed by parent/carers</b>	
<b>Please return this form to a member of staff every week</b>	